



PARRA NOTES

Friday, August 12

I began my work week on Sunday in **Arvin**, where I attended **Arvin High Schools GEAR UP 1st Annual Parent Conference**. **Frank Ramirez** from **Cal State Bakersfield** and **Val Garcia**, Director of **GEAR UP** did an excellent job in organizing this event. Several workshops were held ranging from financial aid assistance to easing the transition from high school to college. Later that day, I attended the **Kern County Kids Day 2005** in **Bakersfield**. There were over 4,000 kids and parents present. I hosted a booth and provided information on Child Abuse, Domestic Violence and Megan's Law, but none of it was as popular as the snow cones my staff and I gave out.

My Monday morning began with the “**Fight the Bite**” forum hosted by the **Kern County Department of Public Health** in **Bakersfield**. Seniors heard from **Dr. Babatunde A. Jinadu**, Director of Public Health Services and **Susan Little**, Executive Director of the **DEET Education Program** in **Washington D.C.** They both educated seniors on how to protect themselves from **West Nile Virus**.

By Monday afternoon, I was meeting with **Jan Sublett** Executive Director for the **Alliance Against Family Violence** in **Bakersfield**. Jan gave me a tour of her facility and we also discussed a report released last week by the office of the State Attorney General **Bill Lockyer** titled “**Local Criminal Justice Response to Domestic Violence**”. Some of the findings in the study were alarming. I encourage you to check out the report by going to www.safestate.org. Jan also mentioned to me that she is looking for individuals interested in addressing Domestic Violence issues to please join the **Alliance Against Family Violence Board**. If you are interested, please contact Jan at (661) 322-0931. Most importantly, if you or someone you know needs help with a domestic violence issue please call the Alliance's 24 hour hotline at **(661)327-1091** or toll-free at **1-800-273-7713**.

My day concluded at the **Jamison Foster Care** home in **Bakersfield**. **Joy Earnest**, Program Specialist gave me a tour of the facility which has a capacity to house **60 children**. I promised to come back and visit with them in the near future.

On Tuesday, I joined several individuals at the **Avenal Senior Center** for a couple rounds of Bingo. I had such a wonderful time meeting everyone, especially **Senior Center Director, Mr. David Aires** who was very accommodating in allowing me to visit. I then drove over to **Coalinga** where I had the pleasure of meeting with Mayor **Ron Lander**. My last stop for the day was in **Huron**, where I met with interim City Manager, **Juanita Veliz**.

My Wednesday morning began at **Harris Ranch** where I attended the **Westlands Water District** Breakfast. I had a wonderful discussion with several local farmers on legislation and issues affecting water and agriculture in the **Central Valley**. In the afternoon, I met with **Ron Silva**, **CEO** for Westar Transport and then spent my evening with the **Fresno State Ken Maddy Scholars**.

On Thursday, I began my day with a meeting with **Wasco** City Councilman **Larry Pearson**. I then met up with **Wasco** Union School District Superintendent **Gary Bray**, followed by a lunch meeting with **McFarland** City Mayor **Rafael Melendez**. My day came to a close in **Hanford** where I attended the **Thursday Night Market Place** and an **Optimist Club** dinner.

Legislation

There are no new updates on legislation this week. The legislature is on summer recess and will resume business next Monday, August 15th.

Other Highlights

CALIFORNIA PARTNERSHIP FOR THE SAN JOAQUIN VALLEY

The first official meeting of the “California Partnership for the San Joaquin Valley” will be held Friday, September 16th at the University of the Pacific in Stockton from 1:30 p.m. to 5:00 p.m. This meeting is open to the public so I encourage all of you to attend.

PROTECT YOURSELF FROM WEST NILE VIRUS

Many people bitten by a mosquito carrying West Nile virus will not get sick, but nonetheless these are the **Symptoms** to watch out for:

- Mild to moderate flu-like symptoms including fever, headache, tiredness, body aches swollen lymph glands and or skin rashes.
- Symptoms generally appear within 3 to 14 days of infection.

Follow these tips to **protect yourself** from West Nile Virus:

- Apply insect repellent containing DEET whenever you go outdoors.
- When outdoors, wear light – colored protective clothing that covers most of your skin, including socks, long pants and long sleeve shirts.
- Avoid spending time outside between dusk and dawn when mosquitoes are most active.
- Drain all standing water around your property. Mosquitoes lay their eggs in standing water, and even small puddles of water can support their breeding.
- Mosquito proof your home so they can’t get inside.
- Report dead birds to your local health department. Evidence of the virus in dead birds is often the first indication that West Nile virus has been introduced into a new region. Mosquitoes acquire the virus from infected birds and then transmit the virus to people. You can also call the West Nile virus hotline toll-free at 877-WNV-BIRD to report any birds that have been dead for about a day.

INTERNS WANTED

I am accepting applications for the fall internship program in my **Hanford** and **Bakersfield** district offices. Candidates should be residents of the 30th Assembly District, possess solid research and communication skills, have a strong interest in public policy and political issues facing the Central Valley.

Applications can be found at <http://democrats.assembly.ca.gov/members/a30>. For more details, please contact Matt Rogers at the Hanford office at **(559) 585-7170** or by e-mail at Matt.Rogers@asm.ca.gov. For Bakersfield office internships please contact **Manuel Barrera** at **(661) 334-3745** or by e-mail at Manuel.Barrera@asm.ca.gov

GRANTS

In just a few days, my office will be distributing grant packages. Included in the package will be information regarding, state, federal and private grants. For more information please contact Juan Cerda at **(661) 334-3745** or by e-mail at Juan.Cerda@asm.ca.gov

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